

# Smoothie Guide

from simple blueprint



IDEAS & PHOTOS BY JOANNA SWANSON

## I AM A SMOOTHIE JUNKIE.

Smoothies are the perfect meal on the go, snack, breakfast, treat and indulgence. I love to serve smoothies when friends come over and they are also the only way I can get my man to eat something in the morning. I love how one glass can be jam packed with vitamins and fiber. When I am feeling a little off I search my freezer and fridge then toss one together. They also help me when I need to keep my weight in check.

Since friends & family have asked me countless times to send them some inspiration I decided to put together a little smoothie guide for simple blueprint. When I make smoothies I do not measure how much of this or that I put in, I basically just use what ever I have at home and what is in season. This guide is meant to inspire you to mix and match. I hope this gives you some new ideas so that you change up your favorite smoothies.

XX - JOANNA SWANSON

AUTHOR OF SIMPLEBLUEPRINT.COM

## LIQUID & PROTEIN

### Creamy, Please!

The base of most of my smoothies is water, but I also use milk (all different types: regular, almond, soy and so on), yogurt and coconut water. I add water to get them to the perfect creaminess. I like mine creamy so I start with about a cup of water and then add more while blending. One thing that I never ever use is juice since I do not want that added sugar.

### Protein

I often add a protein powdered. I use a Swedish brand called Holistic. Use your brand of choice.

# DETOX DELUXE



# DETOX DELUXE

## Lovely Ingredients

Great stuff to pack into your detox or weight-loss smoothie: apple, beets, avocado, parsley, kiwi, mint, carrots, spinach (not pictured) Kale, tofu, organic green superfood, spirulina, aloe vera juice, tea, coconut fat, and loads of fruits & veggies



## Detox Ideas

**LEFT:** Lots of spinach, an apple, 1/2 an avocado, parsley, ginger, lemon or lime, water and a little ice.

**CENTER:** Red beets, carrots, apple, lots of lemon juice and peel, ginger and water.

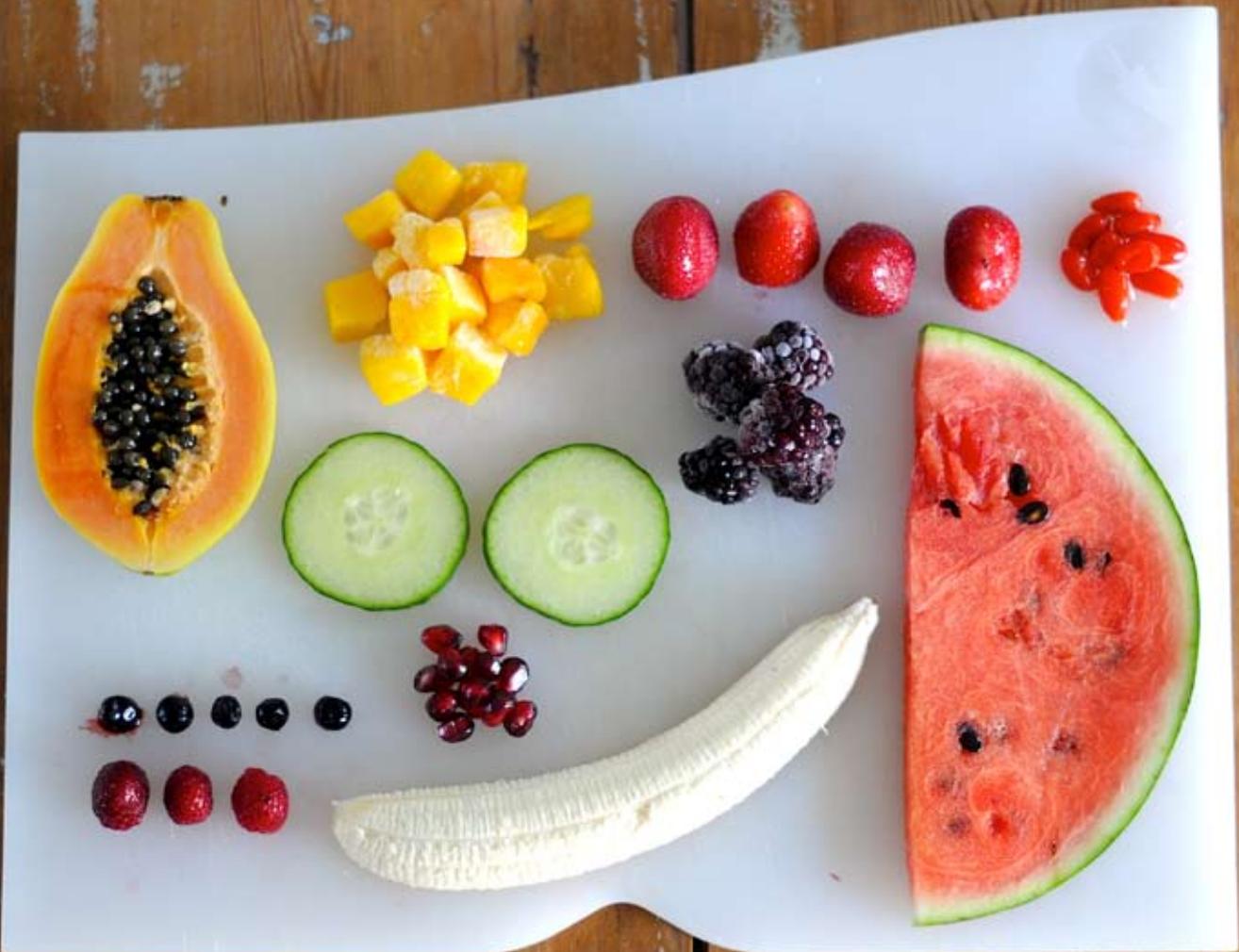
**RIGHT:** Loads of mint, kiwi, cucumber, ginger ice and if you want add 1/2 an avocado.

**OTHER IDEAS:** Papaya, coconut water, lots of lime juice and ginger.

Mango, apple, aloe vera juice, spinach, spirulina, cucumber, green tea and a little honey.

Raspberries, watermelon, mint and ice.

# QUINTESSENTIAL



I always have lots of frozen fruit at home so that I can make a smoothie at any time. In my freezer you will always find mango and an assortment of different frozen berries. The other benefit of frozen fruit is that you don't need to use as much ice. Often I toss in a handful of spinach to give an added boost of iron. The spinach does not give any flavor really but it sort of destroys the color. Anyhow here you really cannot go wrong. Just mix and be merry.

## Lovely Ingredients

Papaya, mango, strawberries, goji berries, cucumber, blackberries, watermelon, blueberries, pomegranate, raspberries, banana. (not pictured): honeydew, cantaloupe, orange, peach, pear and pineapple

# QUINTESSENTIAL



KIDS LOVE SMOOTHIES!  
GIVE THEM A COOL SPOON TO  
MAKE IT SO MUCH MORE FUN!

## Quintessential Ideas

**LEFT:** Watermelon, strawberry, papaya, lime, mint and ice. (a strong tea could be nice here).

**RIGHT:** (My favorite) Mango, banana, raspberries, ginger, lime and water  
(or yogurt and water). Frozen fruit so no ice needed.

**OTHER IDEAS:** Lots of different frozen berries (what ever you have at home), banana, yogurt.

## OTHER GOODNESS



## Add Some Taste & Goodness

Toss in some fiber by adding pumpkin seeds, linseed or psyllium husk. Get some yummie flavor by squeezing some lemon and lime juice or adding grated peel into your smoothies. I love ginger... if you do as well don't be shy. Toss in some nuts for some added healthy fats and protein.

# SWEET TOOTH

## INDULGE

When you want to indulge but don't want all the extra sugar and other junk you can treat yourself to a creamy, filling smoothie. If you prefer not to use honey you can add a little Stevia.

**LEFT:** Banana, skim milk, a mix of nuts such as almonds and macadamian, cocoa powder (unsweetened), honey and ice.

**RIGHT:** Banana, organic peanut butter, soymilk, honey and ice.

**OTHER:** Avocado, coconut milk beverage, coco powder (unsweetened), honey, water and ice.



These can easily be made in to an ice cream. Just skipp the ice and don't add as much liquid. Putn in the freezer, stirr once in a while and whala!

ENJOY!

LIVE WELL.  
LOVE MUCH.

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